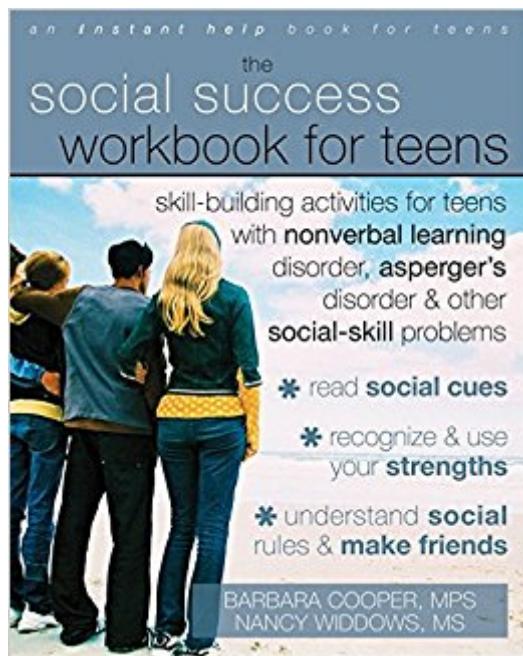


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# The Social Success Workbook For Teens



## **Synopsis**

Making friends is a skill like any other-there are rules to follow, ways to measure your progress, and reasons why some people are better at it than others. Although it may seem like this skill comes naturally to those who don't have Asperger's disorder, nonverbal learning disorder (NLD), or other problems relating to others, the reality is that even the most popular people must constantly hone their abilities in order to make new friends and keep the friends they already have. This workbook includes forty activities you can do to recognize and use your unique strengths, understand the unspoken rules behind how people relate to each other, and improve your social skills. After completing the activities in this workbook, you will discover that you can get along with others and build friendships despite the challenges you face. All you need is the confidence to be yourself while still keeping the feelings of others in mind.

## **Book Information**

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## **Customer Reviews**

This engaging workbook includes forty activities to help teens recognize and use their strengths to overcome social skills deficits related to Asperger's disorder or nonverbal learning disorder. Developed especially for teens, the activities in this workbook teach how to learn to read social cues, understand emotions, avoid meltdowns, and more.

I bought this book (as well as the Anxiety Workbook for Teens) to utilize with a teen girls support group I am currently leading. This, like the other book, was packed with useful ideas, questions,

activities, suggestions, handouts, and more. It's a great resource for a school or mental health professional to have on the shelf and refer to or make copies from to talk through with teens. Again, this is a book best used in a setting where these can be talked through, as opposed to just filled out personally. It covers a pretty broad range of topics but is very straightforward. I found myself picking and choosing different exercises to meet the needs of my certain group members. There could be more mention about the internet-side of social networking, because more and more teens are wrapped up in that. But there's room for that in discussion. Overall, I think it's a great resource! Thanks so much, Sarah Baker, MAFMTAtlanta, Ga[...]

An excellent resource. Many of the Social Skills books I owned were old and outdated. I needed something that would relate to my students and this generation. The Social Success Workbook is an excellent resource. The lessons and activities are relevant for today's teens.

Hard to get secondary kids to buy into a social skills curriculum. This one was good - not too 'cheesy' as many are - in identifying feelings and such. Gives a starting point to get through the 'layers' with kids - so [sped or at-risk] teachers may really identify underlying issues and create trust.

I have found this text very useful in my high school Social Skills class. Topics included in the text are common to many teens with Asperger's and high-functioning autism.

This book arrived quickly and in perfect condition. I purchased it for work and have already started putting it to good use with students. I would recommend it to anyone working on social skills with teenagers!

It can help you feel like someone "out there" understands you a bit and can somewhat relate to how you're feeling. Just give it a try when you feel like you have nothing else to lose.

This book has very little scenarios.

Interesting for classrooms with teens. Especially teens that may have problems with communicating. Does an interesting job of pulling into conversations.

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The Social Success Workbook for Teens: Skill-Building Activities for Teens with Nonverbal Learning

Disorder, Asperger's Disorder, and Other CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. The Social Success Workbook for Teens The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence The Ultimate Audition Book For Teens Volume XIII: 111 One-Minute Monologues - Active Voices (The Ultimate Audition Book for Teens) (The Ultimate Audition Book for Teens 13, Young Actors Series) The Ultimate Audition Book for Teens Volume VI: 111 One-minute Monologues for Teens (Young Actors Series) Social Media: Master Social Media Marketing - Facebook, Twitter, Youtube & Instagram (Social Media, Social Media Marketing, Facebook, Twitter, Youtube, Instagram, Pinterest) Social Security & Medicare Facts 2016: Social Security Coverage, Maximization Strategies for Social Security Benefits, Medicare/Medicaid, Social Security Taxes, Retirement & Disability, Ser Weight Loss Confidential Journal: Week-by-Week Success Strategies for Teens from Teens Social Skills for Teens: The Teaching Guide for Smile & Succeed for Teens The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens Beyond the Blues: A Workbook to Help Teens Overcome Depression (An Instant Help Book for Teens) The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens) A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress and Difficult Emotions (Instant Help Book for Teens) The Panic Workbook for Teens: Breaking the Cycle of Fear, Worry, and Panic Attacks (An Instant Help Book for Teens) A Self-Guided Workbook for Highly Effective Teens: A Companion to the Best Selling 7 Habits of Highly Effective Teens The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) Getting Over Overeating for Teens: A Workbook to Transform Your Relationship with Food Using CBT, Mindfulness, and Intuitive Eating (An Instant Help Book for Teens) How to Make & Keep Friends: Tips for Teens on Life and Social Success (Volume 3) The Art of Belief: Design Your Mind to Destroy Limitations, Unleash Your Inner-Greatness, and Achieve the Success of Your Dreams (Success Mindset, Mind Development, Personal Success Book 1)

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